

Dear Doctor Kaczor,

motivation is the key to success. Thankyou for teaching me the way to achieve my goals! The motivation talk which you presented to the Kingaroy swimming club made a great impression not only on me, but also every swimmer there I'd just like to thankyou for the time you spent with us. You showed us new ways to look at training, taught us to think positively and also taught us the importance of believing in ourselves.

The influence your motivational speech had, just on our own senior squad was incredible. Suddenly there was more support and encouragement for each other, less complaining and more positive talk. Everyone seems to be training harder, they realize now that not doing their best only cheats themselves. The overall atmosphere of training is now one in which achieving goals is now easier. We try to make after training fun (e.g. breakfast at the pool after morning training) so that we know that if we train hard we can then have fun! We now train more as a team rather than individual swimmers and we incorporate team goals into our training.

Thankyou once again. may you distribute your motivation to many other swimmers. Good luck in the future
yours in Sport

Rachel Cavanagh
(club Captain of Kingaroy
swimming club)